



LE TREMPLIN
 . CENTRE SPORTIF .
 SAINT-GERMAIN-EN-LAYE

	Lundi	Mardi	Mercredi	Jeudi	Vendredi
	Coaching : Gaëlle	Coaching : Jean-Pierre	Coaching : Jean-Pierre	Coaching : Jean-Pierre	Coaching : Gaëlle
11h30-12h15	BADMINTON	BADMINTON	BASKET	FUTSAL	CAF (11h45-12h30)
12h30-13h15	BADMINTON / PILATES	CARDIO FIT	RMG	CROSS TRAINING	PILATES / VOLLEY
	Coaching : Willy	Coaching : Willy	Coaching : Willy	Coaching : Willy	
17h30-18h15	HANDBALL	HANDBALL	BADMINTON	BASKET	
18h30-19h15	CARDIO BOXING	RMG	CROSS TRAINING	STRETCHING / HANDBALL	
19h30-20h30	BADMINTON	BADMINTON	VOLLEY	FUTSAL	